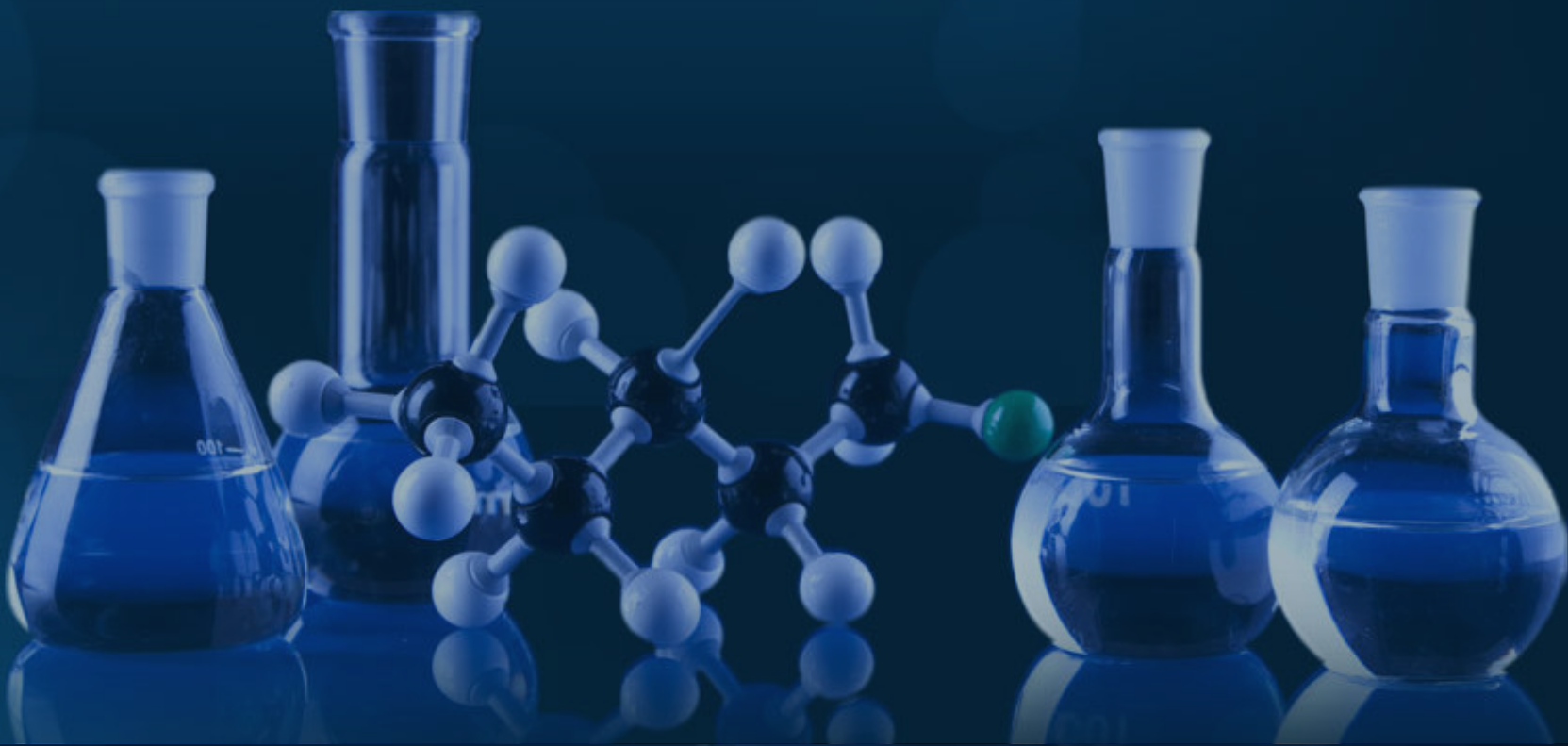




ARL is an Authority on Nutrition and the Science of Balancing Body Chemistry Through Hair Tissue Mineral Analysis!

Hair Tissue Mineral Analysis



# Iron

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## Sources Of Iron

<b>Seafood -</b>	clams, oysters
<b>Meats -</b>	liver and kidneys, beef, reindeer meat
<b>Nuts/seeds -</b>	pistachio, pinon nuts, black walnuts, sesame seeds, sunflower seeds, pumpkin seeds
<b>Vegetables -</b>	Irish moss, chives, parsley, soybeans
<b>Grains -</b>	wheat germ and bran, rice bran
<b>Miscellaneous -</b>	red wine, black strap molasses, sorghum syrup, bone meal, yeast

## Roles In The Body

<b>Oxygen Transport -</b>	iron is part of the hemoglobin molecule that carries oxygen in the blood
<b>Cellular Energy Production -</b>	iron is required in the final steps of the production of energy from food
<b>Removal of Harmful Free Radicals -</b>	catalase enzyme requires iron

## Synergetic Nutrients

<b>Absorption -</b>	acid foods, animal foods, vitamin C, alcohol, glucose and other sugars
<b>Utilization -</b>	copper, vitamin B12

## Antagonistic Nutrients

<b>Absorption -</b>	phytates, phosphate, egg protein, manganese, zinc, nickel, chromium, copper, calcium, magnesium, cadmium, vegetarian diets
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## Hair Analysis Notes

Iron is referred to as the strength mineral

### High Hair Iron:

- often associated with feelings of anger and hostility
- more often seen in fast oxidation
- often associated with high aluminum levels
- can be due to an iron loss due to destruction of body cells
- iron toxicity can be due to iron cookware or excessive iron in drinking water

### Low Hair Iron:

- most often associated with a slow oxidation rate
- common to see iron levels around 1.0 mg%
- low hair iron does not necessarily indicate anemia
- low iron often seen with symptoms of fatigue
- taking iron tablets will not necessarily raise iron levels

## Reasons For Iron Supplementation

- to raise low sodium levels
- to increase a low oxidation rate
- to lower elevated manganese levels

*This material is for educational purposes only  
The preceding statements have not been evaluated by the  
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This information is not intended to diagnose, treat, cure or prevent any disease.*

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